



Tools For Action

A sample of physical education initiatives in Wisconsin

Healthy Heart Cart

Contact Information

Main Contact Person
Denise King
Title of Main Contact
Physical Education Teacher
School Name
Ridgeway Elementary School
School District Name
Dodgeville School District
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Program Information

Program Name
Healthy Heart Cart
Program Category
Encouraging/Supporting healthy eating choices
Grade Level
Elementary School (K-2); Elementary School (3-5)
Assessment Method
No formal assessment

Program Information

Products Developed or Materials Used:

Program Description:

Working with our food service, we have made available to students and staff, a healthy morning snack option. Fresh fruit and assorted breakfast bars are made available for purchase first thing in the morning, to be eaten at morning snack time. Every Friday

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)